



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Seasoned Cauliflower

Terbiyeli Karnabahar



1 medium size cauliflower  
11 oz minced meat  
1 big onion  
1 tbsp tomato paste  
1 tsp salt  
1/3 cup sunflower oil  
3 cups hot water  
For the Seasoning Sauce:  
1 lemon  
1 egg  
1 tbsp flour

- # Firstly cut the onion into very small cubes and fry them in the oil, until the onion pieces turn into pink.
- # Add minced meat onto the onion pieces and roast it by stirring constantly until the meat turns into small separate pieces.
- # Add salt and tomato paste on it and mix that mixture for a while more.
- # Cut the washed uncooked cauliflower into small pieces and place those pieces into a pot.
- # Add the cooked meat mixture into the pot also. Add hot water.
- # Cover the lid of the pot and cook the meal over medium heat for about half hour. (Cooking time may differ based upon the texture of the cauliflower.)
- # Meanwhile, mix the seasoning sauce ingredients until it smoothens totally.
- # Get about 1-2 tbsp water from the softened cauliflower pot and add it into the seasoning sauce mixture. Mix it to heat the sauce a bit. Then pour it into the meal very slowly.
- # Cook it for 5 minutes maximum.
- # Serve it hot.

**Note:** Cauliflower soaks the color of the tomato paste. If you want to get a more colorful meal, you may increase the amount of the tomato paste in the mixture.